

DROP 10 TODAY

15 Healthy Snacks

Select 1-2 snacks each day



6 oz. Greek yogurt
+ 1/2 cup berries



1/2 cup pumpkin
seeds (in shell)



Apple + 1 tbsp.
nut butter



String cheese +
orange



1/2 cup sunflower
seeds (in shell)



Skim latte (skip
sugar) + banana



1/4 cup hummus
+ veggies



Celery sticks + 2
tbsp. nut butter



4 cups light
popcorn



1/4 cup (about a
handful) nuts



1/2 cup pistachios
(in shell)



3 oz. turkey rolled
around bell
pepper sticks



1 cup steamed
edamame (in pod)



Small frozen yogurt



2 rice cakes + 1
tbsp. nut butter